

## CLAIMS

I claim:

- 2) A method for weight control in a mammal, comprising administration of a composition comprising: Caffeine, Adrenergic Amine, Forskolin, Guggulsterone, Alpha-2 Receptor Antagonist, and Vinca Alkaloid.
- 3) A method as in claim 1 further comprising Black Pepper Extract.
- 4) A method as in claim 1 wherein said Adrenergic Amine is selected from the group consisting of Synephrine, Hordenine, Octopamine, Tyramine And N-Methyltyramine.
- 5) A method as in claim 1 wherein said Alpha-2 Receptor Antagonist is Yohimbine.
- 6) A method as in claim 1 wherein said Vinca Alkaloid is Vinpocetine.
- 7) A method as in claim 1 wherein said administration comprises a therapeutically effective dosage.
- 8) A composition comprising Caffeine, Adrenergic Amine, Forskolin, Guggulsterone, Alpha-2 Receptor Antagonist, and Vinca Alkaloid.
- 9) A composition as in claim 7 further comprising Black Pepper Extract.
- 10) A composition as in claim 7 wherein said Adrenergic Amine is selected from the group consisting of Synephrine, Hordenine, Octopamine, Tyramine And N-Methyltyramine.
- 11) A composition as in claim 7 wherein said Alpha-2 Receptor Antagonist is Yohimbine.
- 12) A composition as in claim 7 wherein said Vinca Alkaloid is Vinpocetine.
- 13) A composition as in claim 7 wherein said administration comprises a therapeutically effective dosage.

- 14) The composition of claim 7 formulated for enteral administration comprising said unit dosage form admixed with flavors and sweeteners.
- 15) The composition of claim 7 formulated for enteral administration comprising said unit dosage form contained in blended powder or one or more capsules.
- 16) A composition according to claim 7 wherein said composition is in the form of a powder, tablet, capsule, pill, liquid, food additive, candy, confection or nutrition bar.
- 17) A composition according to claim 15 wherein said powder is admixed with a liquid.
- 18) The composition of claim 7 in a sustained release form.
- 19) An composition for enteral or parenteral administration comprising:
- 100 mg to about 500 mg by weight of Caffeine,
  - 5 to 80 mg by weight of Adrenergic Amine,
  - 5 mg to 100 mg by weight of Forskolin,
  - 5 mg to 80 mg by weight of Guggulsterone,
  - 5 mg to 50 mg by weight of Alpha-2 Receptor Antagonist, and
  - 5 to 50 mg by weight of Vinca Alkaloid.
- 20) A method according to claim 1, wherein administering is performed on a daily basis.
- 21) A method according to claim 19, wherein said daily administration comprises at least two partial daily administrations of said composition.
- 22) A method according to claim 1, wherein administering is performed following an exercise period.
- 23) A method according to claim 1, wherein the composition comprises an amount of from about 125 mg to about 1310 g per day.

- 24) A method according to claim 1, wherein the composition comprises an amount of about 270 mg to about 810 mg per day.
- 25) A method as in claim 1 wherein said administration comprises a single daily administration.
- 26) A method as in claim 1 wherein said administration comprises partial daily administration, said partial daily administrations comprising at least one nutrient selected from the group comprising Caffeine, Adrenergic Amine, Forskolin, Guggulsterone, Alpha-2 Receptor Antagonist, and Vinca Alkaloid.
- 27) An composition consisting essentially of: 74.10% Caffeine, 7.41% Synephrine, 7.41% Forskolin, 7.41% Guggulsterones, 1.84% Yohimbine, and 1.84% Vinpocetine.
- 28) A composition according to claim 7 wherein said compound weights are adjusted according to predetermined factors.
- 29) A composition according to claim 27 wherein said predetermined factors include an individual's weight.
- 30) A composition according to claim 27 wherein said predetermined factors include an individual's exercise intensity.
- 31) A composition according to claim 27 wherein said predetermined factors include an individual's lean body mass.
- 32) A composition according to claim 27 wherein said predetermined factors include an individual's proportion of body fat to lean body mass.
- 33) A composition according to claim 27 wherein said predetermined factors include an individual's desire to increase energy.
- 34) A composition according to claim 27 wherein said predetermined factors include an individual's desire to increase stamina.